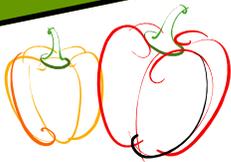


Viva Vegetables

A Utah State University collaboration to increase vegetable consumption

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Food Sense Nutrition Education Program**

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The Viva Vegetables approach:

- Eat vegetables first because they TASTE GOOD
- A "touch-and-feel" approach with emphasis on the senses
- Whole foods
- Emphasis on assimilation
- Active learning methods

"Eating more vegetables is central to everything we know about nutrition."

-Tammy Vitale, USU professor

- Work with unfamiliar vegetables
- Write a menu based on newly discovered veggies that would satisfy Dietary Guidelines recommendations
- Talk about serving size in terms with which students are familiar (tennis ball, deck of cards, etc.)
- Emphasize different preparation methods and have students taste and smell the difference
- Come up with a creative way to remember seasonal veggies and how to choose the tastiest
- Discuss the benefits of locally grown and store-bought vegetables
- Have a local gardener/farmer lecture in your classroom about growing veggies and how the sensory properties of fresh grown vegetables differ from other varieties
- Test unique spices and flavorings that could be used on veggies
- Learn how to grow a garden and cook foods based on what you grow

What can I do in terms of teaching?

To get a monthly newsletter featuring vegetables, visit extension.usu.edu/fsne and click on the "Viva Veggies" link.

Notes:

"The best way to promote vegetable eating is to feed yummy and beautiful produce to people. And, if they've been involved in growing/preparing it, they'll be even more receptive and motivated. Bring back some of those 'lost arts'!"
Tammy Vitale

Viva Veggies Tastes

Delectable. Healthy. Vegetables.

Curried Tomato Soup

2 T olive oil
1 large onion, chopped
2 cloves garlic, minced
1 T curry powder
2-28 oz. cans tomatoes
4 C chicken broth, defatted
1/4 tsp cinnamon
salt
4 C cooked pasta



Sauté onion in oil for 5 minutes. Add garlic and curry powder; sauté 5 more minutes. Add remaining ingredients except pasta and simmer 25 minutes. Puree if desired. Add pasta.

Mexican Spicy Bean Pizza

1 pre-made pizza crust (Boboli bread) or whole-wheat tortilla
1 small can tomato paste
1/2 to 3/4 can spicy refried beans
1 small can corn, drained or 1 C frozen corn
3/4 C sliced bell pepper
1/4 C thinly sliced onion
1/2 C grated Colby-jack cheese
1/2 tsp red pepper flakes
1/4 C chopped fresh cilantro

Preheat oven to 425°. Put pizza crust or tortilla on baking sheet or pizza pan. Spread tomato paste, then refried beans over crust. Arrange remaining ingredients on top. Bake 15 minutes or until hot and bubbly. Garnish with cilantro.

Roasted Winter Vegetables with Cheesy Polenta

From Eating Well Magazine www.eatingwell.com

4 C cauliflower florets
4 C cubed peeled butternut squash (1 1/2-inch chunks)
1 medium onion, sliced
2 T extra-virgin olive oil
1/2 tsp garlic powder
3/4 tsp freshly ground pepper, divided
1/4 tsp salt
2 1/2 C vegetable broth
1 C water
3/4 C cornmeal
1 tsp chopped fresh rosemary or 1/2 tsp dried
2/3 C finely shredded Parmesan cheese, preferably Parmigiano-Reggiano

1. Preheat oven to 500°F.
2. Toss cauliflower, squash and onion in a large bowl with oil, garlic powder, 1/2 teaspoon pepper and salt. Spread on a rimmed baking sheet. Roast, stirring once, until tender and browned in spots, 25 to 30 minutes.
3. Meanwhile, combine broth and water in a small saucepan. Bring to a boil. Slowly whisk in cornmeal, rosemary and the remaining 1/4 teaspoon pepper until smooth. Reduce heat to low, cover and cook, stirring occasionally, until very thick and creamy, 10 to 15 minutes. Stir in cheese; remove the cornmeal from the heat. Serve the vegetables over the cornmeal.

Spinach Smoothie

F\$NE curriculum recipes

6-8 ounces yogurt, any flavor
1/2 cup skim milk
1/2 fresh or frozen banana
1/2 cup fresh or frozen fruit
1 packed cup fresh spinach

Blend in a blender, no spinach taste (just a fun color)!

